

THE CHILD

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Diseases of Children, by Drs. Chapin and Pisek; Contributions to Pediatrics, by Dr. Abram Jacobi; The Care of the Baby, by Dr. J. P. Crozier Gr Talks with Young Mothers, by Dr. Charles Gilmore Kerley; The Feeding Infants, by Dr. Joseph E. Winters; The Gulick Hygiene Series, Edited by Luther H. Gulick; Infancy, by E. T. Kelynack.

THE CHILD

Chapter I—The Home

Clean Homes.—Every mother should feel that the home is centre of life. It is important, therefore, that the home should be kept so as to give the greatest chance for long life to all who live in it. "Cleaning house" is not done to keep people busy, but because keeping the house clean also keeps the people who live in it clean. The children in the home need the protection of cleanliness even more than grown people, since they cannot readily take care of themselves and are more likely to become sick.

Cleaning House.—The right way to keep a house clean is very simple and time-saving; the wrong way merely scatters dust and dirt from one place and puts them in another. Dust must be taken away, not merely moved around.

When freeing the house from dust, remember that fresh air, sunshine, a good broom and a soft, wet cloth are the best possible house-cleaners. Do not wipe the walls with dry cloths, or scatter it with feather dusters; use damp cloths. Sweep with a dampened broom, or lay pieces of wet paper on the floor to take up dust.

Utensils.—Cooking-pots, spoons and dishes should be kept clean and sweet by careful washing and boiling. Articles of food that are allowed to stay on cooking-

stoves and dishes spoil and become poisonous. It is good to put a little bicarbonate of soda in the water in which the washing is done.

Closets.—Closets should be kept clean and in order. They should not be used to store things that are worthless, dirty, or that are not to be used again. They should be washed carefully four times a year with hot water and soap.

Garbage-pails.—The greatest care must be taken to keep garbage-pails, sinks and toilets clean and germless. Hot water and soap are the best aids to cleanliness. The simplest disinfectant to use is chloride of lime. Sprinkle a little of this on the cellar floor, in the garbage-pails, in the sink and in the toilet. Germs cannot grow in such soil.

Cleaning Utensils.—Dish-towels, dish-cloths, scrub-cloths, brushes and brooms are sometimes left thick with grease and dirt



and put away without cleansing. They attract flies. Wash through using such things, wash, rinse and dry.

Germs.—Germs are very small plants. Germs are also called microbes or bacteria. They are found in the air, in the dust, in our food. There are harmless germs and others that cause disease. If the body is kept strong and well, the danger from disease-causing germs is greatly lessened. When we allow ourselves to run down, there is always a danger that some of the germs which are always entering our bodies will find the conditions in which they can develop.

Nearly all disease germs enter the body through the mouth and nose. Therefore the habit of thumb-sucking or putting things into the mouth, as pencils, coins, chewing-gum or anything that has been in the mouth of another person, permits germs to pass into the body.

Where Germs Are Found.—Dust and dirty things make the house unclean. Harmful germs live mainly in dust, in decayed food, soiled clothing, dirty pots and pans, and garbage-pails.

Flies.—Flies and mosquitoes may carry the germs of many kinds of diseases, as consumption or malaria, yellow or typhoid fever. Flies are bred in dirt. They seek out garbage-pails, manure heaps, water-closets and similar unclean places. From these dirty places they fly into the house, crawl over the food, and suck the nipple on the baby's bottle. They may fall into milk and wash off germs there. On food that they touch they may leave germs of typhoid fever and other serious diseases. Fly-specks are not only dirty, but dangerous. Always wash the nipple of the baby's bottle, if it should fall on the floor.

Mosquitoes.—Mosquitoes breed in damp, swampy places, and they also breed in small collections of water that are to be found in back yards. Some carry malaria germs, some yellow fever germs.

Prevention.—The home should be carefully screened early in the season. If the regular window-screens, made of wire, cannot be bought, plain mosquito-netting can be tacked up so that it covers the whole window. This will serve to keep out the flies and mosquitoes equally well.

Care of Food.—All food must be kept in an ice-box and carefully covered between meals. Food kept in this way keeps fresh and healthful longer than food kept without ice. Food that is rotting, whether it is fruit, milk or meat, always contains germs which attack the body and cause sickness. Children are especially liable to have stomach or bowel trouble from spoiled food.

Care of the Ice-box.—Ice-boxes should be thoroughly cleaned at least once a week. If anything is spilled it must be wiped up once. Food spoils especially rapidly in the summer, and the ice-box must be carefully watched so that no food spoils there. The drain-pipe should have hot water poured through it and be washed out with a long-handled brush at least once a week.

Clean Clothes.—Clothing must be kept clean, and all clothes that are to be washed, except flannels and colored clothes, should be boiled once a week. Clothes do not really get clean and free from germs when washed, unless they are boiled. Heat kills the germs. Since dirt always means danger, clothing should be kept as clean as possible. Outer garments of wool should be carefully brushed and sponged and occasionally hung out of doors in the sun.

Clean Hands.—It is even more important to wash the hands and face than to wash the clothes. Children should never be allowed to come to meals until they have washed. Dirty hands may infect the food. Dirty fingers should not touch the face, nose or lips. We often get germs on our hands from iron straps in street cars, or from door-knobs or furniture. The whole body needs bathing at regular intervals to keep it free from impurities.

Unclean Places to Play.—Children often play in unclean places. They very often sit in the unclean street or in a back yard where a garbage-can is drawn out and the dangerous flies. Little children often crawl on places where other people have spit, or where unclean shoes have carried manure or other things full of germs.

Public Drinking-cup.—A public drinking-cup in school or at a station or on the street is sure to have been used by some one who had disease germs in his mouth. If another person then drinks from the cup, the germs have a splendid chance to cause infection. A private drinking-cup should always be used at public drinking places. Paper cups can be bought which are serviceable and cheap.

Disinfectants.—It is important to know what will kill germs on soiled or dirty things. This is called a disinfectant. The most important is hot water and soap. Most disinfectants are poisonous and should not be kept where little children can reach them. Boiling in water for thirty minutes is the best disinfectant.

A Simple Disinfectant.—Boracic acid may be prepared and put on hand as a simple disinfectant. It is a white powder, and may be bought at any drug-store. To buy it in pound packages



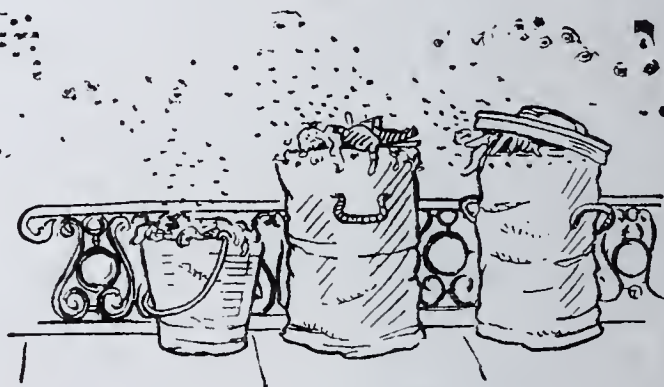
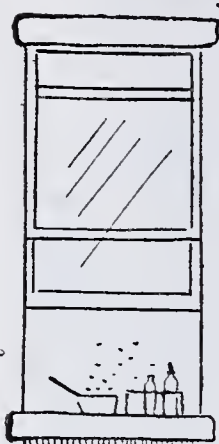
makes it cost less than buying only a little at a time. It should be prepared for use by putting one level teaspoonful in a tumbler of very hot water. Unless the water is very hot, it will not dissolve the powder. The boracic acid water can then be kept in a boiled clean bottle that is tightly closed, and will then always be ready for use.

Uses of Boracic Acid.—It may be used—(a) to wash the nipples of nursing mothers' breasts; (b) to wash the baby's eyes; (c) to gargle in cases of sore throat among children; (d) to cleanse wounds; (e) to cleanse the nose and ears.

Fresh Air.—Pure air has no odor. Air that has an unpleasant smell is impure. Do not allow the air in the home to get stale. In summer, windows should be wide open; in winter, if there are two windows in the room, one should be open from the bottom, the other from the top. If there be only one window, open it a few inches at the top and bottom. There should always be a window open to the air in rooms where people are sleeping.

Dirt Means Danger.—Dirty streets, dirty water, impure milk supply, all mean danger to the home. Changes can be brought about in these conditions if a proper amount of attention is paid, first, to one's own home and then to the things which are brought into

Clean homes, pure water, pure air, clean milk and clean streets are a protection to the children.



Chapter II—Preparing for the Baby

Motherhood Should Cause no Fear of Trouble.—Many women fear motherhood. Having a baby is natural and normal. Millions of babies are born every year and their mothers are strong and healthy afterward.

The Care of the Mother.—The care of the baby begins long before the baby comes into the world. Every baby has a right to a healthy mother and father. The mother can do many things to keep herself well and to make the baby strong during the months before it is ready to be born, so that the baby will have every chance to be born healthy.

If the baby is to be strong, it must not be starved before it is born. The mother at this time must take a sufficient quantity of food to keep up her own strength and at the same time nourish the developing infant. Good, plain food, and plenty of it, without overeating, should form the diet. Vegetables and fruit, meat, cereals, good milk, and bread and butter are the best things to eat. Fat should not be eaten more than once a day. Digestion is not so good at this time as at others, because of pressure on the parts of the body that do the work of digesting food. If you think you are eating too much ask the doctor, not your friends. Do not eat anything that you find disagrees with you. It is most important that there should be a regular, daily movement of the bowels.

Do not eat too much.

Beer or alcoholic drinks should not be taken except on the doctor's orders. It is believed by many that babies of drinking mothers are not as strong as other babies, and are more likely to become sick in infancy. You do not want to start your child in that way.

The Home.—It is a very important thing for the mother and father that everything be clean about the home in which the baby is to live.

The house must be cleaner than it has ever been, so as to keep everything clean which are being prepared for the baby. A little baby may be made very ill by a tiny speck of dirt that contains germs. A germ which may cause only a slight illness in a normal grown person, might cause severe sickness in a new-born baby or mother just after her baby is born. They are both too weak to fight harmful germs. Just before it is time for the baby to arrive,

every corner and everything about the bed should be carefully and thoroughly washed. Use plenty of soap and water.

Sunshine.—Sunshine and fresh air are the best house-cleaner. Where they are, germs cannot grow.



THE HOUSE, THE BED AND THE ROOM WHERE THE BABY IS TO LIVE MUST BE KEPT CLEAN.

Fresh Air.—The expectant mother must have more fresh air than at other times. She must supply blood for two people, and fresh air cleanses the blood. She should be outdoors as much as possible, and should have the windows open when she is working about the house.

Work.—If working in a shop or factory, the expectant mother should try to stop two months before the time the baby is expected to arrive. Women who work too long or too hard may have weak or sickly babies. It takes extra strength to have the baby. The mother is living for two. She may do housework, but factory work at a machine of any kind must be stopped.

WORK LATER THAN TWO MONTHS BEFORE THE BABY IS TO ARRIVE MAY BE VERY HARMFUL TO MOTHER AND CHILD.

Exercise.—The mother needs regular exercise. WALKING IN THE FRESH AIR AND LIGHT HOUSEWORK, WITH THE WINDOWS OPEN, ARE THE BEST FORMS OF EXERCISE. THEY ARE BETTER THAN MEDICINE. She will be strong, the baby healthy, and birth will be easy. Housework does not mean to lift heavy things or to climb chairs or ladders. Heavy children should not be lifted. The baby may be brought too soon and the mother's and baby's life be placed in danger.

Rest.—Sleep with open windows and as much as possible. Rest every afternoon, even if only for half an hour. Lie down and do not let the children or work disturb you. It is during sleep that the body strengthens itself.

THE EXPECTANT MOTHER SHOULD TAKE ALL THE SLEEP SHE FEELS SHE REQUIRES. SHE SHOULD NOT FORGET TO KEEP WINDOWS OPEN WHILE SHE SLEEPS.

Dress.—Loose clothing should be worn. That will help toward comfort while at work, and when walking for exercise. Dress warmly but lightly for winter. Any pattern book contains patterns for maternity dresses that can be made out of cheap material. An old skirt can be made suitable by opening the pleats and

ing broad elastic at the back of the skirt band. It is foolish to be uncomfortable in order to look well. Motherhood is so beautiful that it need never be hidden. **TIGHT CLOTHING THAT IS UNCOMFORTABLE SHOULD NOT BE WORN.**

The Teeth.—Teeth often decay while the baby is coming. Others sometimes lose their teeth after the baby comes. This is because digestion is not good at this time and many acids are formed. These coat the teeth and cause decay. The teeth should be brushed several times a day. The best mouth-wash is a weak solution of magnesia. Baking soda or salt, dissolved in water, is as good as a mouth-wash and less expensive. As soon as motherhood is assured, let the dentist put in whatever fillings are needed. This may save the teeth. Keep the teeth clean.

The Hair.—If the hair is not cared for it may fall out very early after the baby is born. Wash the head once a month, and wash the scalp every night. If the hair is dry, rub a little vaseline on the scalp several times a week.

Bathing.—One of the most necessary things for the mother is bathing. The tiny holes in the skin, called pores, should be kept open. This is done by frequent bathing. The entire body should be sponged off or completely bathed every day.

The Breasts.—Of course the mother will want to nurse her baby. Much pain and worry may be saved when the baby begins to nurse, by caring for the breasts before the baby is born. They should be kept soft and the nipples must be kept soft. When they become "hardened" the nipples crack. There is no sharper pain than comes from sore breasts. A little vaseline may be rubbed on the breasts every day, and also on the nipples. Wash the breasts and nipples every day. It is not advisable to use alcohol on the breasts or nipples, as it hardens them and makes them more liable to crack. **BREASTS AND NIPPLES SHOULD BE KEPT CLEAN AND SOFTENED.**

The Doctor.—If you cannot have a doctor at home, go to the hospital and apply for care. The mother must be cared for in the right way at this time, or she may be sick a long time and harm her baby. **EVERYTHING DEPENDS ON THE CARE THAT MOTHER AND BABY GET AT THIS TIME.** If anything goes wrong, it may mean death or a long serious illness that will make the mother too weak ever to work again.

What the Mother Needs.—If you are to have a doctor, ask him what you should prepare for your own care. Do not wait until the last minute to get things ready. Everything should be ready two months before the expected time. The following

things, which can be bought at a department store which sells druggist supplies, or at one of the specialty drug-stores, are generally suggested:

Two pounds of absorbent cotton and twenty-five yards gauze made into pads. One douche pan, made of enameled ware. One fountain syringe bag, holding two quarts. Some boracic acid. Some sterilized sweet oil or vaseline; a scissors; some strong linen cord; some baby powder and safety pins, large and small.

Three large pads to cover half of the bed. If the pads cost too much, newspapers or cotton batting, covered with clean gauze or cheese-cloth, will do just as well, clean sheets and blankets.

One rubber sheet or piece of oilcloth, large enough to cover half of the bed. It is intended to keep the mattress clean.

If you are saving pieces of old linen to use at this time, wash them before putting them away, and see that they are kept clean.

What the Baby Needs.—The first thing to have ready for the newly born baby is a piece of old blanket in which the baby can be wrapped. **THE BLANKET MAY BE OLD, BUT IT MUST BE CLEAN.**

A bath-tub of some kind.

The baby's clothes should be very plain, and not expensive. Do not put too much on the baby. Too many clothes make the baby uncomfortable and even sick. The long clothes should not be over twenty-seven inches from shoulder to hem. The tiny baby needs to wear a band made of a strip of flannel until it is a few weeks old; after that, a little knitted band of cotton and wool; then a shirt of cotton and wool; diapers of cotton bird's-eye; next a petticoat of cotton-and-wool flannel on a waist; then a perfectly plain slip of cotton material. In cold weather it may wear, outside of this, a wrapper made of flannel or outing flannel or it can be wrapped in a woolen shawl. Knitted boots can be worn on the feet, though they are not necessary. It is better to keep the feet warm by having a hot-water bottle near, but not near enough to burn the baby. Buy the following, made of cotton and wool.

Three knitted bands, first size. Three cotton-and-wool shirts, second size.

Three flannel petticoats of cotton-and-wool flannel; if you make them yourself, they should be twenty-seven inches long from the shoulder to the hem.

Do not buy all-wool flannel. It shrinks and is expensive.

Four slips of plain cotton material. These can be bought at all prices from twenty-five cents up. The slips known as American knitted slips are excellent. The little slips are more comfortable.

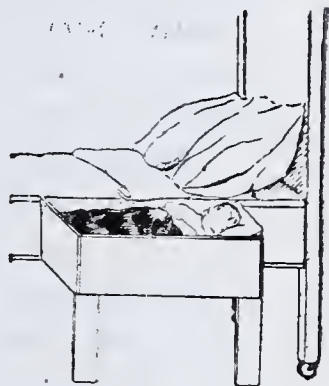
for the baby if they are perfectly plain. Fancy ones do not look neat and cost more.

Three pairs of cotton-and-wool stockings, or three pairs of wollen boots.

Two or three wrappers, made of outing flannel, plain and loose. Bibs may be bought if needed.

Two or three dozen diapers. These are made of "Sanitary cotton bird's-eye." It comes in different qualities. It is best to buy a good quality, because then the diapers will last the whole time during which they are needed. The diapers should be twenty inches square. Hem them by hand; a machine-made hem is hard. Old rags can be used, if they are clean, but they are not economical. They do not last.

The baby should have a bed to itself. It is unhealthy to have the baby sleep with the mother. It sometimes happens that the mother, in her sleep, rolls over on the baby and suffocates it. Sometimes a mother wants to have the baby very close to her. A box like the one in the picture can be made. The bottom of the box should be made of wire netting, so that it can be easily cleaned.



A large clothes-basket makes a satisfactory bed for a little baby. It protects the baby from drafts. It can be moved easily. It can be kept clean. It can be used when the baby sits up, to keep it free from harm, and is a good place in which to play. It should be furnished with a small hair mattress or a hair pillow, protected by a small piece of rubber sheeting or oilcloth, and a piece of padding over that. The bed covering should be warm. Little blankets can be made of squares of cheese-cloth stuffed with cotton batting and then sewed through like quilts with wool. These will wash. There should be three of them. Over one of these may be used little figured blankets made of cotton or cotton wool, warm and also washable. One of these will be enough. A mittened shawl of some kind is very desirable.

Chapter III—The Baby up to One Year

The Baby's Growth.—Babies need attention and care, if they are to grow. Before all else, the mother must give time to the baby. For the first year or two of life, babies require a great deal of care to keep them well.

New-born babies are like plants. They need to be kept warm to sleep, to be kept clean, to have food regularly, to drink a little cool water, to have fresh air, to get sunshine. This chapter tells how it may be done.

The Baby's Eyes.—Remember that the baby's eyes should be washed out by the doctor as soon as the baby is born. He does this to protect your baby from blindness. After this the eyes should be carefully washed each day by whoever bathes the baby. Each eye should be washed with a separate swab of a sorbent cotton soaked with boracic acid.

Keeping the Baby Warm.—From the time the baby leaves the mother, or is born, it should be kept warm. After the baby is washed and dressed for the first time, it must be kept warm to be comfortable. When the baby is very little, it will often cry because it is cold or too warm. Its feet and hands will tell you when it is comfortable. They should be warm. A crocheted shawl is the best covering for the baby, and over it should be one of the little home-made cheese-cloth blankets mentioned in the second chapter. **KEEP THE LITTLE BABY WARM.**

Putting the Baby to the Breast.—The baby should be put to the mother's breast as soon as she is rested after confinement. Not that food is needed or can be obtained then, but because the fluid in the breasts is of great service to the new-born infant.

Place the Baby on Its Right Side After Birth.—In order to help the circulation, it is wise to place the baby on its right side for a few hours after birth in order to prevent any blueness.

Sleep.—New-born babies sleep nearly all the time. As the baby grows older, it sleeps less. After a few weeks, it learns to sleep longer at night and less in the daytime. The baby can soon learn to sleep at about the same time every day. The mother can do more work and take better care of the baby if she knows just when and about how long the baby will sleep. Soon the baby will take a long sleep in the morning, stay awake for an hour or two in the middle of the day, and take another nap in the afternoon.

on. It should be trained, as soon as possible, to sleep during the hours that the mother is busiest with her housework. If apt awake during the latter part of the afternoon, it will be tired and sleep well during the night. Babies should go to bed not later than six o'clock. Windows should always be open when the baby sleeps, and the baby wrapped up warmly. Even a baby a few days old can begin to learn that it must sleep at night. Do not take it up when it cries at night unless it is feeding time or the diaper should be changed. Sometimes when it sleeps it becomes uncomfortable and wants to be turned to another position. It is best for most babies to sleep without any pillow. Few babies cannot sleep this way. To keep the baby awake at the time you want it to learn to be awake, play with it or take it up. The times of going out and of feeding will have much to do with the hour of the baby's sleeping. After feeding, or when it is outdoors, the baby will naturally want to sleep. Early in the morning, when the baby wakes and is fed, it will like to remain awake, but it can learn to lie in its basket and cry. It need not be taken up after being made comfortable.



SLEEPING BABY WRAPPED UP

THE BABY SHOULD BE TRAINED TO SLEEP AT THE SAME TIME EVERY DAY AND ALL NIGHT.

The Bath.—Babies are well and comfortable if they are kept warm, sleep much and are kept clean. The baby should be given a bath every day. Some mothers have more time to do this in the morning after the housework is done, and others have more time in the evening when the supper is ready. The hour at which the baby is bathed makes little difference to the child, but the morning is usually thought to be the best time. It is advisable to bathe it just before feeding or sleeping time. Never bathe the baby just after it has eaten. Before handling the baby to give it attention, the mother should first wash her own hands carefully to remove all dirt and germs.

Baths in Summer.—In warm weather a tub bath and a sponge bath, or even two, may be given daily without harm to the baby. The baby is not apt to have prickly heat if its body is kept cool and clean.

The Eyes, Ears and Nose.—The baby's eyes should be washed every day with a little boracic acid water. It should be made as described in Chapter I. The mouth should be washed out very gently every day with a little piece of cotton, wound around the finger and moistened with the boracic acid water. The baby's ears should be gently cleansed with a little bit of soft cotton

twisted into a point, and dipped into boracic acid. After using wet cotton, use a dry piece, so that no water remains in the eye. After using, throw away the cotton.

The nose should be cleansed often with a little twisted piece of cotton, dipped in boracic acid water, like the piece used for the eye.

The eyes, ears, mouth and nose are very delicate, and great care is needed to keep them in good condition. Use a separate piece for each eye, nostril and ear. All that is done to them must be done gently.

Always throw away the used cotton, wrapped in paper and burn it.

The Head.—The baby's head should be washed carefully every day. If a scaly, yellowish or brown skin appears on it, the head should be greased at night with vaseline or sweet-oil. In the morning, after the bath, the head should be gently gone over with a soft brush. The scales will come off. Use no scented or strongly smelling soap on the head. This should be done daily until the head is clean. Every time the scales come back, it should be done again. If the head becomes covered with cradle cap that you cannot remove in this way, see your doctor, as sometimes a very sore scalp or eczema may occur from neglect. "Dandruff cap" means a dirty head.

BATHE THE BABY EVERY DAY, AND SEE THAT THE MOUTH, EYES, EARS, NOSE AND HEAD ARE KEPT CLEAN.

Care of the Baby's Clothes.—The baby cannot be clean, even with baths, if its clothes are not kept clean. It will not be comfortable if wet or soiled diapers are left on. After the bath every day put on clean outer clothes and underclothes. Wash out the soiled clothes soon after, and the baby will always have a clean fresh outfit. If little knitted nightgowns are used, no ironing will be necessary. Before putting them on, shirts, bands and nightgowns must always be clean and warm. If they are washed often, not so many will have to be bought. The flannel petticoats, unless accidentally soiled by the baby, need not be washed more than once a week. The three petticoats provided should be worn in turn and turn about, the one that is left off being aired for a night or the next day. Flannel wears better if it is not washed often, and airing freshens it.

A soiled garment should never be put back on the baby or left on because it is too much trouble to make it clean. The baby will be better just wrapped in a blanket with no clothes on at all, than left in dirty ones. Wet diapers will make a baby fretful.

the baby is very restless during the night a wet diaper is often the cause of the disturbance. The baby should not be allowed to get wet with urine or feces at night, as this will irritate the skin and cause soreness of the buttocks, which is hard to clear up in delicate children. With careful handling the baby may be changed at night without awakening. Diapers should be washed and dried before being used a second time. The water passed by the baby has certain qualities that make the cloth irritating, and using the diaper a second time without washing may make the baby's soft and tender skin very sore. Keep a large covered pail for wet diapers. Do not let flies get at soiled diapers. They might go from the diapers to the baby and make it sick. After the baby's bath every morning, while it sleeps, is the time for the mother to do the baby's washing, so that it can be dried in the sunshine and warmed over night before being put on again. Never put a damp garment on a baby. It is a good plan to lay the garment against the cheek to see that it is warm and dry. Little rubbing-brushes can be used to brush the stools from the soiled diaper, then it can be rinsed immediately and put in the pail to be washed out carefully with the others. All soap used in washing diapers must be carefully rinsed out. If soap remains in, the skin will become sore. Always, after washing diapers, the mother should carefully wash her own hands. Once or twice a week the diapers that require washing should be boiled. Pads that are on the bed or worn by the baby must also be kept clean, and should be aired. As they do not touch the baby's skin, if they have no odor they may be dried at once and used again. The blankets and shawls used to cover the baby should not be allowed to become soiled or dirty. The strings of the baby's cap should be washed out and changed often.

Fresh Air.—Many kinds of sickness are cured by fresh air, which also keeps babies from getting sick. Warmly covered, the little baby should sleep in a room with a window open. In winter, new-born babies ordinarily are not taken out until they are four weeks old. In the summer they may go out at two weeks. The baby must be kept warm when it is out, and protected from the wind. On very cold days a hot-water bottle or a hot brick or iron can be placed in the carriage. Sometimes a baby in winter need not go out at all if the weather is bad. If the room is sunny in the middle of the day, it can be dressed as if going out and laid near the wide-open window. This will save busy mother's time. Babies who live in the country may be



placed on the veranda to sleep, and get their fresh air in that way. Babies can sleep outdoors summer and winter, in the daytime, dry weather if they are kept out of the wind and kept warm. Remember that the baby is sitting or lying still in the carriage and is not moving about as you are. It feels the cold more. Cold weather never hurts a warmly dressed baby. If it is warm covered it may even sleep with the window open a little on the coldest nights. The fresh air will make it grow and keep it strong and well. Fresh air will help to cure sick babies and will help well babies to digest their food.

While sunshine is needed, strong light ought not to shine directly into baby's eyes.

**THE BABY NEEDS FRESH AIR DAY AND NIGHT
MUCH AS IT NEEDS FOOD.**



NO MILK FOR SICK BABIES

Water.—Babies get thirsty. Babies who nurse get especially thirsty. Give the baby plenty of clean boiled water to drink. Do not give it just before feeding unless ordered by the doctor. Give it between feedings. Sometimes when the baby cries it is only thirsty. Try giving it water.

Feeding the Baby.—**EVERY MOTHER WHO CAN NURSE HER OWN BABY SHOULD DO SO.** This is her most important duty. She does

her child a great wrong if she does not make every effort to nurse it. Of children born healthy and fed only on the breast, very few die in the early years of life. Very many children fed on bottles and patent foods die before they are a year old. Ten bottle-fed babies die to one that is breast-fed. Mother's milk is the natural food for the child.

Care of the Nursing Mother.—To be a good nursing mother, training should begin before the baby is born. Eat good, nourishing food. Keep the breasts and nipples clean and soft. Drink plenty of milk and cocoa. Avoid alcohol.

After the baby is born and the mother is convalescing, she should have plenty of fresh air and good, nourishing food. Regular exercise, if taken with open windows, and walking outdoors, by keeping the mother healthy, keep up the supply of milk. Sleep and plenty of milk and cereals will help to keep the mother in good condition. If the mother is healthy, the baby will have a better chance. Beer and other liquors must be taken only when ordered by the doctor.

A healthy mother generally means a healthy baby.

Regularity in Feeding.—New-born babies should be fed

regular hours from the start. No change in the hours of feeding should be allowed. If the baby, when it is very little, is to be fed every two and a half hours, do not cut this to one hour and half. They will learn to waken at these feeding times. Nursing babies should not be fed every time they waken at night. They should not sleep in the same bed with the mother. They are restless there, and it is too easy to quiet them by giving them food all night. After the first month do not waken the baby for feeding if it sleeps all night. More babies die from too much food than from sicken from too little.

Feeding Tables.—The following tables show the hours for feeding. These are the same for nursing or bottle-fed babies. They also show how much the baby should weigh.

AGE	FEEDING		No. IN 24 HOURS	OUNCES FOR ONE FEEDING	OUNCES IN 24 HOURS	WEIGHT OF BABY
	DAY	NIGHT				
Day	Every	No. given				Pounds
1-4th	2 hrs.	2	6-10	1-2	10-15	7-7½
5-7th	2 hrs.	2	10	1-2	10-15	
8th	2½ hrs.	2	8	2-2½	15-35	
9th	3 hrs.	2	8	2-3½	15-35	
10th	2½ hrs.	1	7	2½-4	25-40	
11th	2½ hrs.	1	7	3-5	28-42	12¼
12th	3 hrs.	1	6	3½-5½	28-42	13¾
13th	3 hrs.	1	6	4-6	28-42	14¾
14th	3 hrs.	0	5	5-8	30-45	15-16
15th	4 hrs.	0	5	6-9	35-45	
16th	4 hrs.	0	4	7-9	35-45	20½

Babies soon learn the regular hours for feeding, and with a little patience on the part of the mother, the baby's life can be made to run as evenly as a little machine. Then the mother can count on the hours she will have for other work. The feeding hours in the table given are arranged so that they will not interfere with the naps morning and afternoon. It is not necessary to begin the day's feeding at just the hour named. Sometimes the baby will awaken earlier in the morning. But with a little care the time can be brought to be the same for all feedings each day. The time between two feedings can be lengthened by letting the baby sleep a little longer, or giving the bath, or playing with the child. Babies should not be held up after feeding. They should lie still for a little while. Holding them up often causes them to vomit.

Amount of Food.—Some babies can eat more than others. Breast-fed babies take as much as they want in from five to twenty minutes. If they have taken more than their stomachs will hold they vomit it immediately. Sometimes a baby will take only a little food and stop; perhaps go off to sleep. The mother should however keep it awake until it has taken the needed amount. The mother, at the first cry of the baby, will give more food instead of waiting until the next feeding hour. This is a favorite way of overfeeding. If the mother absolutely refuses to give more food until feeding time, the baby will soon learn to stay awake and take what it needs at each feeding.

Weighing the Baby.—The way to tell if a baby is getting sufficient food is to watch its gains in weight. The baby should be weighed once a week. Place a large basket on an ordinary family scales and fasten it firmly. When the baby is ready for the bath, put a shawl in the basket and turn the screw until the arrow points to zero; or weigh the basket and shawl then put the baby in. Usually babies lose some weight during the first two weeks after they are born. The baby should not lose if properly fed and given sufficient boiled water to drink. After that time, if they are



well, and the food is agreeing with them, they should gain on the average from four to seven or eight ounces a week. If the gain is less than two ounces for two weeks, or if the baby does not gain at all for that period, or if it loses weight, whether the stools show that the food is poorly digested or not, the doctor should at once be consulted. It may be that the mother has not enough milk, perhaps the mother is herself not well and therefore her milk is disagreeing with the baby; may be the quality of the milk has changed. Many things can be done for the mother to help her keep her milk in good condition. The doctor is the only person who can tell her how to do this. Fright, worry or nervousness, or anything unusually exciting is most liable to affect the mother's milk and make the baby sick. It is always best to go to the doctor if the milk does not seem to be agreeing with the baby.

NURSING SHOULD NEVER BE STOPPED WITHOUT ASKING THE DOCTOR.

Weaning.—Efforts to wean the baby should not be made ordinarily, until it has reached the age of ten months. In the case of a breast-fed baby, weaning should not be delayed beyond the end of a year, for the reason that the mother's milk, even if plentiful, is likely to be changed in character by that time, and

en unfit for the infant. In weaning the baby the following plan is a very good one:

Assuming that the child has been taught to drink from a cup, one of the regular feedings is given for a day or two in this way, then two, and so on until the breast or the bottle has been withdrawn, except for the last feeding at 10 o'clock.

When the breast or nipple is denied at this last feeding, the substitute will be declined vigorously and the child will cry itself to sleep—and must be allowed to do so. Probably the same situation will occur the second night, but the refusal to drink from the cup will be less vigorous and sleep will come sooner. By the third night it will have occurred to the baby that milk from a cup is better than none, so the experiment will be consented to and the weaning will be over.

In Place of Mother's Milk.—If the baby must be fed with other food than mother's milk, the doctor will direct what is to be used. Food given to babies under one year, in place of mother's milk, must be as nearly as possible like mother's milk. It must contain all the things that mother's milk does, and, as nearly as possible, in the same quantities.

It must be fresh.

Cow's milk has been found to be the best thing to use in place of mother's milk. Buy the best milk, and always bottled milk. It should not be the milk of one cow, because a cow sometimes drinks or eats foods that may affect her milk and thus cause sickness in the child. It should be diluted as directed by the doctor. This preparation is called modified milk.

Other foods may sometimes be used with it or used alone for a short time.

Do not try another food every day or every week. Be sure to let the doctor direct any changes. Babies sometimes die because the food is changed too often.

Asking the Doctor.—There are doctors at dispensaries, or appointed by the Board of Health, who will give advice regarding the care of babies. Go to them if you need help and cannot get your own doctor. Follow the doctor's advice. He knows more than the next-door neighbor. Each baby is different and only a doctor can tell you just what to do. The food that may have been right for your neighbor's child may not be the proper food for your baby. No two babies are just alike. The food that one baby digested may not agree with another. The doctor is the best person to find the right food.

In making up milk mixtures, called modified milk, follow the

doctor's directions. He will tell you the proper amount of milk water and sugar (or milk-sugar) that he believes necessary to make the baby grow strong. Be sure to have him write it out for you so that you can take it along with you.

Care of Milk.—Keep milk clean, cold and covered. Milk sours if it is not kept constantly on ice. Milk bottles should always be kept closed and, if possible, in a separate place in the ice-box. Before removing the stopper wash off the bottle (including the top) under the faucet before preparing the food or putting the bottle in the ice-box. You don't know how clean the milkman's hands were when he left the milk. Open milk bottles should not be left standing in the kitchen where they become warm and particles of dust get into them. Milk will easily take up odors. It is very sensitive. It does not need to be sour to be harmful. Milk often reaches a point just before it actually turns sour when it is almost as dangerous as when entirely spoiled.

Home-made Ice-box for Milk.—A cheap ice-box can be made for keeping milk at a proper temperature. Take an ordinary wooden box, and to the cover nail ten thicknesses of newspaper. In the middle of the box place a galvanized pail, and in the center of this pail place a piece of new stove-pipe. A quart bottle of milk can be placed in the stove-pipe, and five cents' worth of ice put around this in the pail. The space between the pail and the sides of the box is filled in with sawdust. When the cover is closed the ice and sawdust will keep the milk in proper condition. The ice-box must be kept clean. Milk should never be kept uncovered either in an ice-box or anywhere else.

Preparing the Food.—See the tables already given for the proper amount of food. Some babies can eat more than others. Be careful not to overfeed the baby. Be sure to get the right prescription from your doctor for your baby. Be careful to use nipples with small holes in them, because the food may come too fast and give the baby indigestion. Babies must not eat fast, or they will become sick. The most important thing in feeding babies is to prepare the food exactly as the doctor directs. Do not change anything about it without asking him. Be clean in preparing the food. You will need at least these few things, which should not be kept with articles used for other purposes, but by themselves:

A cup for boracic solution in which to keep nipples when not in use.

A two-quart double boiler.

A two-quart pitcher.

A bottle-brush.

As many bottles as you have feedings in twenty-four hours (the round glass bottles with the number of ounces marked on them).

One glass measuring-cup.

One dozen nipples with very small holes. (They can be bought with no holes at all and pierced with a quick stroke of a red-hot needle, though this must be done with great care.)

One small glass funnel for filling bottles.

Some fine gauze or cheese-cloth to use as strainers.

Milk-sugar, which can be bought by the pound.

When this is used, dissolve in hot water.

Preparation of Barley and Oat-meal Water.—If barley and oat-meal water are ordered by the doctor, prepare as follows: Add two tablespoonfuls of washed pearl barley or of oat-meal, as the case may be, to a quart of cold water. This should then be boiled down to a pint, cooking slowly for about two hours. It should be strained while hot and a sufficient quantity of cold boiled water added to make a quart of the liquid. The mixture should at once be set aside in a covered dish to cool.

If a prepared barley is used in making barley water, one level tablespoonful to a quart of water will be sufficient, and the mixture in this case will require boiling for thirty minutes.

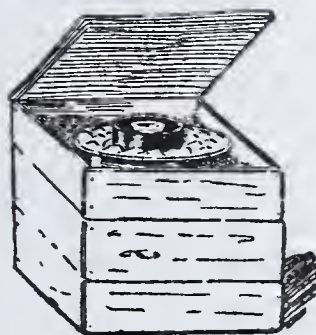
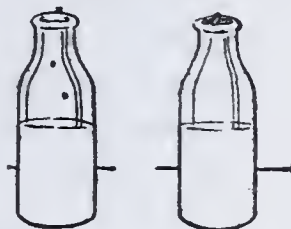
These must be cold when added to the baby's food.

Keep the things used for preparing baby's food on a shelf or corner of a closet by themselves. Do not use them for cooking anything else. Towels for wiping the things used, and rags for washing them, should all be kept separate.

When preparing the food have everything else out of the way—dirty dishes standing around, no uncovered garbage or ashes. Milk extracts odors and germs, which may change the milk and make it bad for the baby. Never work with anything that you are not sure is perfectly clean. Wash off the table before going to work. Prepare enough food each morning to last twenty-four hours.

Mixing the Milk.—In preparing the food:

1. Shake the bottle of milk well. Mix milk, sugar and water in quantities as the doctor has advised, in the top of the double boiler. If it is to be heated put it on the stove and in the under part of the boiler the nipples to be used for the day may be boiled. When the water underneath boils, the milk is generally ready. This is really a form of pasteurizing. Milk should not be actually



boiled unless the doctor so directs... If plain sugar is used, it should be boiled in a little water and cooled before being added.

Washing Bottles.—2. Wash bottles that have been empty of food carefully with a bottle-brush and soapy water; rinse several times in clean water; leave standing filled with clean, cold water in which a pinch of bicarbonate of soda has been put. Dirty bottles make sick babies. Boil all the bottles every day, in a large pot that has been thoroughly cleaned before preparing the milk preparation for the baby's food.

Filling the Bottles.—3. When the food is all mixed, pour carefully into the pitcher, then through the small funnel into the bottles. Put in each bottle the amount for each feeding. Place corks bought at the druggists are the best. They should be boiled each day at the time the nipples are boiled. If only a few bottles are on hand, put the food mixture in a clean, boiled, quart milk bottle, cover carefully and keep it on ice. Fill the bottles needed for feeding after thoroughly cleansing and boiling them. If the bottles have been prepared in advance, be sure to keep them cold.

Care of the Bottle Nipples.—4. The nipples should be boiled every morning. After boiling, place in a cup filled with boracic acid solution and keep covered with a saucer. If more than one child is using bottles, have the nipples for each kept separate. After a nipple has been used on a bottle wash it well, turn it inside out and drop it in this jar. Keep the nipples in this jar until ready to boil them again. If possible, have as many nipples as there are feedings in the day.

Care of Cooking Pots.—5. Wash all pots very carefully and drain them over the stove, so that they will dry and not rust. Wash out carefully all rags or strainers used, and hang up to dry after boiling them. Everything touching the food must be cleaned by boiling.

6. After the milk mixture is cool, place it in an ice-box well supplied with ice. If you do not have a special ice-box, see that the food has a separate place in the family ice-box where no other food is kept, and where the bottle or bottles holding the mixture will not be broken.

Heating Bottles.—7. At feeding time, heat a feeding bottle containing the food by placing it in a kettle of hot water. Never take milk out of a feeding bottle to heat it. Do not keep the bottle warm all night. Milk spoils if it is kept warm. Milk does not need to sour to be unfit for a baby. Very slight changes will make it harmful.

Buying Modified Milk.—Modified milk can be purchased in bottles already filled, at infant milk depots or other places where sterilized milk is sold. It is much better to get a doctor's prescription for your baby, because each baby is different.

In feeding the baby under a year old, milk should be the only food until it is eight months old, unless the doctor orders differently. Then a crust of dry bread may be given. If the baby is large and has some teeth, a dish of farina (cooked thoroughly) or other cereal that has been cooked for one hour may be given once a day. The bread should only be given at a meal time so that the child does not form the habit of eating at odd times.

Prepared Foods.—Continued use of a prepared food other than milk may produce a sickness known as rickets, or the sickness known as scurvy. Never give your baby a prepared food unless ordered to do so by your doctor.

If your baby is sick and has diarrhoea or vomiting stop all food. Give nothing but boiled water and SEE A DOCTOR. Sometimes he may tell you to use prepared food for a little while. As soon as the baby is well again, the prepared food should be given up and the milk again used. The doctor should direct how this is to be prepared.

Cleanliness and Training.—At three months the baby can learn to be clean. Hold it at a regular hour every day over a chamber. A little chair for the purpose is very handy after the baby is able to sit. The baby is placed there at regular times instead of being allowed to soil diapers. Just after it awakens, and after feedings, are the best times to attend to this. The baby soon learns to let the mother know when it needs the chair. Unless a child is ill and has some special weakness, there is little excuse for its not being clean after eighteen months, or at least two years, when awake. At eighteen months the mother can begin to take the child at night. When the mother goes to bed she can attend to the baby. The child learns to wait for this and rarely awakens.

Dressing the Baby.—At three to four months of age the baby gives off long clothes and begins to wear short ones. The time of change will depend on the weather. A mild, warm day should be chosen. The dressing of the baby will be a little different when in long clothes. First the band and knitted shirt; then a flannel petticoat buttoned on a waist; then the dress. Buttoning the petticoat on a waist, instead of sewing it on, makes changing easier.

If an underdress is worn, the baby is always sure of wearing

the same weight of clothing and is not likely to take cold. The outer dress may be left off at times, or be lighter or heavier, according to the weather, without harm. In hot weather *too much* clothing is really dangerous. A band and diaper are enough for the very hottest days, and more may be added as the days grow cooler.

Night Clothes.—At night, the nightgown is put on over a clean diaper and the knitted band. No stockings need be worn, no nightdrawers with feet. The bed coverings can be fastened with large pins at either side, to keep the baby warm all night.

Shoes.—No shoes need be worn until the baby begins to creep. The first shoes for the baby should have broad toes and a soft sole to permit easy creeping. At six months, or as soon after as the baby begins to straighten out its legs to stand, the shoes should have stiff soles. Shoes that lace give a better support to the ankle than those that button. Shoes should always be large enough to allow room for the feet to grow.



RIGHT

WRONG

Pacifiers.—Pacifiers or comforters should *never* be used. They are unclean. They may fall on the floor and get dirty. They make the baby nervous, and their use may cause the teeth to come in crooked. To break the habit, simply take away the pacifier and do not give it back. Thumb-sucking is the same as sucking a pacifier. It may easily deform the thumb or the jaw, and may cause a sore mouth. To break this habit, the child's hands should be covered, especially when it is going to sleep, with mittens made of white cotton goods, washed as soon as they look soiled. Many doctors believe that pacifiers induce tonsils and adenoids which may be a very serious condition as the child grows older.

Teething.—*Teething is not a sickness.* Most healthy babies have very little trouble cutting their teeth. Sickness at teething time most often comes from bad food or wrong food, and not from the teeth. A child may get sick more easily when the teeth are coming. This is the reason you should be most careful about its food at this time. The usual cause of sickness at this time is a dirty bottle, a cold, or milk that was not kept cold and became sour, or too much food or some other reason.

Teething begins at about six or eight months, and the first tooth may appear in a healthy baby at any time after this. Occasionally a tooth is cut earlier. The lower middle teeth usually come first. After these, the two upper ones, and then the other

front teeth. Babies a year old usually have from six to eight teeth. *Soothing syrups, fennel tea or paregoric will not help a baby cut its teeth AND MUST NEVER BE USED.*

Sick Babies.—Babies under a year old often die from some trouble with the digestion. The way it most commonly shows itself is in the movements of the baby's bowels. A healthy baby will have from one to four movements a day. The stools will be yellowish and formed. When the baby is sick, it will have too many movements, the stools will become thin and greenish, and contain curds, fats or slime in them. When the baby seems sick in this way, *stop all food except water or barley-water.* It is always safe to give a teaspoonful of fresh castor-oil. Babies like oil and take it easily. The oil cannot do the baby harm.ething-syrups and patent medicines of all kinds may have poisons in them that will disagree with the baby and make it very sick, perhaps even poison it. *Do not use them.* Use no medicines, except castor-oil, without the doctor's advice. *It is very important to know as quickly as possible that the baby is sick.* Many illnesses would not have become serious if the mother had known in time enough that the baby was sick. The diarrhoea and the mother's actions and looks will soon tell the mother. A sick child is not inclined to smile, its eyes look dull and heavy, it is restless and cross and does not sleep well and is feverish.

Colic.—The position of a child with colic is characteristic. It lies with its knees drawn up and the thighs flexed on the abdomen. Colic is due to gas in the bowels caused by indigestion. The object of treatment is to help the baby expel the gas, quiet the bowels and cure the indigestion. Gas may be expelled by gentle massage, placing one hand on the right side of the abdomen, moving the hand slowly, straight across from right to left and then on the left side. These movements should be kept up until their purpose is accomplished. If the pain is very great, two pieces of flannel rung out of hot water and applied alternately as long as continuously as possible will give relief. Before applying, rub the abdomen with vaseline so as not to burn the tender skin. Forward the abdomen should be covered with a generous piece of dry flannel or absorbent cotton. A laxative, and none is better than castor-oil, is needed to complete the cure. The pain of colic comes in paroxysms, and is lessened rather than increased by treatment.

Giving Drugs.—*No drug or patent medicine should be used without doctor's advice.*

Colds.—Babies catch colds because they have been near some

one who has a cold, or because they have been too warm and are suddenly taken into a cold room or placed in a draft that quickly chills the skin. Little babies should not be placed on the floor to play, especially in winter. Put them on the bed and make a safe place for them. If there is a crib, it is the best possible place if the sides are high. Pillows placed around the baby will keep it from danger. It will soon learn to be contented with a clothes-pin for a toy, or some simple thing. The clothes basket is safe on the floor if it is braced so it will not fall, because the high sides keep out the draft. The floor is the coldest part of the room. If it is possible to keep very little children from sitting on the floor during the winter, they will be less likely to catch colds.

Treating a Cold.—To treat a cold, give a dose of castor-oil and put vaseline or liquid albolene freely into the nose. (The albolene is put into the nose with a dropper or on the end of the little finger.) Colds are often caught from other people. Once a baby has had a heavy cold, it becomes sensitive and takes cold more easily. Especial care is needed for such babies. If you warm the baby warmly and keep it in the air and sunshine, it will probably not get more colds.

Little babies are subject, first, to diseases caused by too much or too little food or the wrong food, and second to diseases caused by disorders of the breathing system. Bronchitis, croup, pneumonia and whooping-cough, which is a germ disease, are the most common. The contagious diseases are not common in children under a year old if they are breast-fed.

Convulsions.—Convulsions are often preceded by moaning during sleep and by muscular twitchings. The eyes may have an unnatural look.

Give a dose of castor-oil or an injection of salt and warm water or both, if these symptoms are noticed.

Should a convulsion occur, call a doctor, but while waiting for him place the child in a warm bath in which a teaspoonful of mustard has been dissolved. Keep the child in the bath for ten or fifteen minutes. Apply a cold wet cloth to the head during this time.

Unless castor-oil or an injection has been given just before the convulsion, give both after the bath. Then place the child in a warm bed in a quiet place, and it will probably soon drop off into a restful sleep.



FOR GIVING CASTOR OIL

Rickets.—Rickets is a disease that comes from improper feeding. The bones are soft because they are not receiving the aid of nourishment needed. Babies with rickets are slow to walk, and often have bow-legs. The soft place on the top of the head does not close, it grows larger. The head perspires a great deal. The teeth do not appear at the right time. Talking is delayed. Babies who have rickets catch cold very easily. Recovery is slow, but under proper treatment may confidently be expected, usually by the third year.

IT IS IMPORTANT THAT SICKNESS BE NOTICED SOON AS POSSIBLE AND THE DOCTOR SENT FOR.

Points to be remembered:

- Babies need regular feeding times.
- Babies need regular sleeping times.
- Babies need much air and sunshine.
- Babies need water to drink.
- Babies need to be kept warm.
- Babies need to be kept clean.
- Babies need to be kept simply and warmly dressed.
- Babies need clean milk.
- Babies need to be nursed by the mother, if she can possibly do so.
- Babies' food should be prescribed by the doctor and not by neighbors. It should not be changed too often.
- Milk must be kept cold until wanted, if it is to be good. It must be carefully prepared according to the doctor's directions.
- It is important to know a sick baby from a well one.
- Teething is not a sickness.
- Babies under nine months of age should have no other food than milk, except as directed on pages 29 and 30, and no beer, apples, meat, fruit or pretzels.
- No pacifiers should be used.
- Soothing-syrup should not be used.
- Castor-oil is the safest medicine for diarrhœa.
- Babies should be kept off the floor, out of drafts, and should not be near people who have colds. They should never be kissed on the mouth.
- Colds, diseases of the digestion and of the breathing system are the sicknesses from which babies suffer most.
- The baby that has been well fed, has regular habits and plenty of fresh air gets well quickly and does not often get sick.
- A baby whose mother has not looked after these things, may be often, will take a long time to get well, and may die.

Chapter IV—The Runabout Baby

Babies from one to two-and-a-half years are called "runabouts," for at this age they begin to get on their feet and soon run about.

General Needs.—They need the same fresh air, good food and cleanliness as the little baby. But they begin to eat other food, and are able to do many things that the little baby could not do.

The Second Summer.—There are no terrible "second summers" for the careful mother. The baby who is fed, clothed, bathed and housed properly all the year round will be able to stand its second summer as well as its first. In the summer food is more likely to spoil, and this is the real cause of second summer troubles. Extra care is needed to see that milk is kept fresh and sweet, and that no food is given which is not in perfect condition.

Disordered Stomach.—For attacks of disordered stomach two teaspoonfuls of castor-oil should be given immediately, and all food, solid and fluid, should be taken away, except barley-water. The sick baby can go hungry for a day or two without harm. When the baby is improving it may gradually have some milk with the barley-water. The food may then contain one-quarter milk and the rest barley-water. Each day a little more milk is added, until the baby is taking the regular food again. Many a death and many an attack of summer complaint is turned aside by the quick use of castor-oil and by lessening the food, particularly by stopping the milk as soon as the child becomes ill.



Food.—At the age of one year new things may be added to the baby's food. If it has had a dish of cereal each day since it was eight months old, it can now begin to taste egg and orange juice, or prune juice, and a little beef broth or dish-gravy without fat. At fifteen months, a little baked potato may be given. In the tables given on pages 29 and 30, indicating a choice of foods and meats, it is not intended that the very day the child becomes a year old all of the things there mentioned should be tried at once. For several weeks bread crumbs dipped in a teaspoonful of the yolk of a soft-boiled egg are given at breakfast one day, and on the next a teaspoonful of orange juice. If this agrees with the baby, more egg and orange juice are gradually added, until the baby is taking a whole egg and the juice of an orange.

each day. It may take a few weeks until this point is reached. In the same way, beef broth is to be added, a little taste at first, with more gradually until a noontime meal is made up of the broth with barley or farina and dried bread or toast.

What the Child May Eat.—The following paragraphs show the things which a healthy child of the ages given may eat, and the time for meals.

DIET FROM ONE YEAR TO EIGHTEEN MONTHS.

Breakfast.—6 to 7 A. M. Either (1) A glass of milk with stale bread, or (2) Oatmeal, arrowroot, wheaten grits, hominy grits, &c., made into a well-cooked porridge, or one of the numerous good uncooked breakfast foods on the market, with the milk mixture in use poured over it, or (3) A soft-boiled or poached egg with bread and a glass of milk.

Dinner.—12 to 1 P. M. Either (1) Bread moistened with dish-gravy, free from fat, beef tea or beef juice, and a glass of milk, (2) Rice or grits moistened in the same way and a glass of milk, or (3) A soft-boiled egg and stale bread thinly buttered and a glass of milk. Rice, sago or tapioca pudding or junket, in small quantities as dessert, may be given with any of these diets.

Supper.—5 to 6 P. M. Bread and milk, and cereals.

DIET FROM EIGHTEEN MONTHS TO TWO YEARS.

Breakfast.—7 A. M. Choice of (1) A soft-boiled egg with bread and butter and a glass of milk. (2) Porridge as described in the previous list.

Dinner.—12 to 1 P. M. Choice of (1) Boiled rice or a baked potato, mashed and moistened with dish-gravy or beef juice; a glass of milk. (2) Mutton or chicken broth with barley or rice and some bread and butter, and some rice pudding made with milk. (3) A small portion of minced white meat of chicken or turkey; or minced rare roast beef, beefsteak, lamb or fish; bread and butter and a glass of milk.

Supper.—5 to 6 P. M. (1) Bread and milk, or (2) Bread and butter, a glass of milk and a dish of cereal.

DIET FROM TWO TO THREE YEARS.

Breakfast.—7.30 to 8 A. M. Cornmeal, oatmeal, wheatena, hominy, or rice (all cooked four hours the day before in water), served with butter or milk and a little sugar. Bacon, soft-boiled, scrambled or poached egg. Glass of milk, bread and butter.

Second Meal.—9 A. M. Juice of orange.

Dinner.—12 o'clock. Steak, scraped beef, chop or minced chicken. Baked or boiled halibut or cod-fish. Baked or mashed

potato. Spinach, asparagus, string beans, peas, squash, white turnip, stewed carrots, stewed celery.

DESSERTS.—Stewed apple, stewed prunes, baked apple, rice bread or tapioca pudding. Gelatine pudding. Bread stuff. No milk at this meal.

Supper.—6 P. M. Farina or cream of wheat (cooked two hours in water), or one of above cereals served in the same way. Custard, cornstarch or junket. Milk, bread and butter.

Preparing Food.—The cereals eaten at this age should be cooked for at least one hour. Vegetables must also be cooked until thoroughly soft. Potatoes should be baked or boiled until soft. If a fireless cooker is used, these things should be cooked overnight. The fireless cooker is an excellent arrangement for preparing food for children. It cooks vegetables and cereals perfectly. There are many inexpensive fireless cookers on the market. They save many times their cost in labor and fuel.

The baby may be given a little pure olive oil on baked potatoes in place of butter, during the winter months. It gives heat to the body, is very nutritious, and has a good effect on the bowels.

Bad Habits of Eating.—If a child is allowed to sit at table with the rest of the family, it should never be given food from the table. A taste of the wrong kind of food may upset the child and make it ill. A child who has never been given things from the table will learn not to expect them. If a child is hungry between meals, offer dry bread or crackers. Eating at regular times is a good habit. If eating between meals is never begun, it will not have to be stopped. Eating on the street or in cars is not necessary. There need be no break in this rule if the child is having meals at the same time every day.



RIGHT



WRONG

Sleep.—Runabout children need a great deal of sleep. They should be in bed at half-past six or seven o'clock every night, and should sleep with open windows. Up to eighteen months children should still take a nap in the morning and one in the afternoon. After that, one nap is enough. Little children should never be kept out after their usual bedtime. It is a poor plan to take little children on long excursions that keep them away from home until eight or nine o'clock in the evening or even later. Parents can afford to give up a few pleasures until the child is old enough to enjoy them. Little babies become cross and fretful if kept out after the usual

l-time. It makes nervous, pale children, who do not grow strong and are not as smart as others.

Baths.—The runabout baby needs to be bathed every day just as much as when younger.

Dress.—Its clothes also need to be kept clean. As soon as possible after it begins to be on its feet and has been trained to clean, dresses should be given up in favor of the colored rompers. It can be used by boys or girls. The colored clothes keep cleaner, and the rompers allow the child to walk or roll about on the floor without soiling the underclothing. Rompers are not apt to catch on things and cause falls.

Underclothes that are of heavy cotton or that have wool in them should be worn summer and winter. Lighter weight is needed in summer. A little wool prevents colds which come from sudden chilling of the skin, by taking up the perspiration.

The Bed.—The bed in which the baby sleeps should be kept clean and be well aired every day. Management of the mother's life will give her the hours when the baby sleeps, for keeping the bed and clothes clean and preparing food.

Talking.—All babies do not begin to talk at the same age. Some will begin to make sounds from six months on. At the age of one year many children can say a few words, but they are usually two years old before they use sentences.

Walking.—The time of walking also has no rule. A child will walk when its legs are strong enough. At six to eight months a child that is well will begin to stiffen its legs on the mother's hands. At one year, or even much younger, it will stand alone, and then begin to walk. It will teach itself as it feels it has strength. Children, especially heavy ones, should not be coaxed to walk if they make no attempts to do so themselves. Forcing a child to walk will cause the bones of the legs, not hard enough to bear its weight, to bend, and then we have the bow-legged child. The child who is ill from being poorly fed, and has the disease known as "Rachitis," or "Rickets," will show it plainly in its curved legs. Its soft bones will not permit walking at all, but the proper feeding brings increased strength. The doctor is the only one who can treat such a case.

